



# Approved Food List

Missouri WIC  
Effective October 2018

# Milk

## Milk

- Any brand (store brands recommended)
- Quart, half gallon, gallon
- Nonfat (skim), low-fat (½%, 1%)
- Reduced fat (2%), whole



## Nonfat Dry Milk

- Store brand
- 1 lb 9.6 oz or 25.6 oz package (makes 8 quarts)



## Lactose Free Milk (where available)

- Any brand
- Half gallon
- Nonfat (skim), low-fat (½%, 1%)
- Reduced fat (2%), whole
- Plain or unflavored

## Evaporated Milk

- Store brand
- 12 oz can
- Nonfat (skim), whole



## Cultured Buttermilk

- Any brand
- Quart

## Goat Milk (where available)

- Meyenberg brand
- Whole evaporated (12 oz can)
- Nonfat powder (12 oz can)



## Not Allowed:

- |                                                                  |                        |
|------------------------------------------------------------------|------------------------|
| • Extra skim                                                     | • Milk substitutes     |
| • Filled milk                                                    | • Organic              |
| • Flavored                                                       | • Raw or unpasteurized |
| • Glass bottles                                                  | • Sweetened condensed  |
| • Milk beverages made from nut, coconut, rice, oat, other grains | • Vitamite             |

8 oz = 1 cup  
 16 oz = 1 pound  
 32 fluid oz = 1 quart  
 64 fluid oz = 1/2 gallon  
 128 fluid oz = 1 gallon

# Soy Milk, Cheese, Tofu

## Soy Milk

### Allowed:

- Half gallon

**Silk**

Original

**Great Value**

Original

**8th CONTINENT SOYMILK**

Original, Vanilla

### Not Allowed:

- Artificial sweeteners
- Flavors other than vanilla
- Light
- Organic

## Domestic Cheese

### Allowed:

- Store brand
- 8 or 16 oz block or shredded
- Fat-free or low-fat
- Sliced American cheese, not wrapped individually
- Domestic cheese only:
  - American
  - Brick
  - Cheddar - all varieties
  - Colby, Colby Jack, Monterey Jack
  - Mozzarella (part skim or whole)
  - Muenster
  - Provolone
  - Swiss
- Marbled or blends of approved cheese varieties are authorized



### Not Allowed:

- Added flavors (peppers, wine, smoke flavoring, etc.)
- Cheese additives
- Cheese food products, spreads
- Crumbled, cubed, grated, string
- Cholesterol-reduced
- Deli cheese or deli slices
- Imported
- Individually wrapped slices
- Organic
- Queso blanco, Queso fresco
- Sliced cheese except for store brand American

## Tofu

### Allowed:

**Azumaya**

Firm Tofu (16 oz)



Silken Tofu Organic (16 oz)

# Yogurt

## Allowed:

- 32 oz container



Low-fat

Strawberry, Vanilla

Nonfat

Plain



Low-fat

Plain, Vanilla



Low-fat

Blueberry, Peach, Plain,  
Raspberry, Strawberry,  
Vanilla

Fat-free

Plain



Low-fat

Blueberry, Peach, Straw-  
berry, Strawberry Banana,  
Vanilla

Nonfat

Plain, Vanilla



Low-fat

Plain, Strawberry, Vanilla

Fat-free

Plain

## Not Allowed:

- Added mixed-in ingredients
- Greek
- Organic



Low-fat

Strawberry, Vanilla

Nonfat

Plain



Low-fat

Plain, Strawberry,  
Strawberry Banana, Vanilla

Nonfat

Light & Fit Strawberry,  
Light & Fit Vanilla, Plain



Low-fat

Peach, Strawberry,  
Strawberry Banana, Vanilla

Nonfat

Plain, Vanilla



Low-fat

Plain, Vanilla

Nonfat

Lite Strawberry, Plain



Low-fat

Harvest Peach, Strawberry,  
Strawberry Banana, Vanilla

Nonfat

Plain

## Eggs

### Allowed:

- Any brand
- 1 dozen carton
- Large, white, grade A or AA



### Not Allowed:

- Brown
- Cage free
- Eggs with enriched levels of omega 3 fatty acids, vitamins, minerals
- Fertile
- Low cholesterol
- Organic
- Other specialty

## Peanut Butter

### Allowed:

- Store brand
- 16-18 oz container
- Creamy, crunchy, regular, smooth



### Not Allowed:

- Low-fat
- Mixtures with chocolate, honey, jams, jellies, marshmallows, etc.
- Natural
- Organic

## Canned Beans

### Allowed:

- Bush's Best brand
- Butter beans, fat-free refried beans, garbanzo beans, kidney beans, navy beans, pinto beans, red beans
- 16 oz can
- Low or reduced sodium



### Not Allowed:

- Baked
- Organic
- Mixed
- Seasoned

## Dry Beans, Peas, Lentils

### Allowed:

- Store brand
- 16 oz package
- Any variety of plain or dry

### Not Allowed:

- Organic
- Seasonings or flavors

## Cold Cereals

Always Save



Best Choice



Dierbergs



Essential Everyday



Whole Grain



# Cold Cereals

## Great Value



## Hy-Top



## Hy-Vee



Whole Grain

Cold Cereals

## Cold Cereals

IGA



Kiggins/Save A Lot



Kroger



Ralston



Whole Grain



# Cold Cereals

Schnucks



Valu Time



Whole Grain

Cold Cereals

The Many  
Ways to  
Buy  
36  
Ounces of  
Cereal  
Mix & Match

TIP

$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$12 \text{ oz} + 24 \text{ oz} = 36 \text{ oz}$$

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

# Hot Cereals

Best Choice



Cream of Rice



Gluten Free

Cream of Wheat



Essential Everyday



Great Value



Hy-Top



Hy-Vee



IGA



Kroger



Malt-O-Meal



Ralston



Schnucks



Whole Grain

- Approved sizes: 11.8/12 oz to 36 oz
- Mix and match types and sizes up to the total ounces

**Never sell, trade, or give away  
WIC foods!  
This is considered fraud.**

## Bread

### Allowed:

- 16 oz package
- 100% whole wheat or whole grain

**Best Choice.**



## Whole Wheat Tortillas

### Allowed:

- 16 oz package

**Best Choice.**



## Corn Tortillas

### Allowed:

- 16 oz package
- White or yellow soft corn

**Best Choice.**



## Whole Wheat Pasta

### Allowed:

- 16 oz package
- Any shape

### Not Allowed:

- Added sugars, fats, oils, salt
- Organic



**GIA RUSSA®**  
SPECIALISTA IN ALIMENTI ITALIANI DAL 1948

**Great Value**



**HyVee**



**RACCONTO**

**RONZONI**  
*Healthy Harvest*  
100% Whole Grain



## Brown Rice

### Allowed:

- Store brand
- 16 oz package
- Long, medium, short grain

### Not Allowed:

- Instant
- Organic



# 100% Juice - For Women

## Allowed:

- 11.5 -12 oz frozen concentrate



Apple, Orange



Apple, Orange



Apple, Grape, Orange



Apple, Grape, Orange



Apple, Grape, Orange



Apple, Orange



Apple, Orange



Apple, Grape, Orange, Pineapple



Apple , Apple Cherry,  
Apple Cranberry, Apple  
Kiwi Strawberry, Apple  
Passion Mango, Apple  
Raspberry, Apple Strawberry  
Banana, Berry Blend,  
Blueberry Pomegranate,  
Cherry Pomegranate,  
Cranberry Blend, Cranberry  
Pomegranate, Cranberry  
Raspberry, Grape, Orange,  
Pineapple, Pineapple  
Orange, Pineapple Orange  
Banana, White Grape



Apple, Orange



Orange



100% Juice - For Women

# 100% Juice - For Children

## Allowed:

- 64 oz container (half gallon)

## Not Allowed:

- Organic
- Juice cocktails



Apple, Grape, Orange



Apple, Grape, Pineapple, Tomato, Vegetable, White Grape



Vegetable



Apple



Apple, Grape, Orange, Pineapple, Tomato, Vegetable, White Grape



Apple, Cranberry Grape, Grape, Orange, Tomato, Vegetable, White Grape, White Grape Peach



Apple, Grape, Orange, Pineapple, Tomato, Vegetable, White Grape



Apple, Cranberry Apple, Cranberry Raspberry, Grape, Just Juice Apple, Just Juice Berry, Just Juice Grape, Orange, Pineapple, Tomato, Vegetable, White Grape





## 100% Juice - For Children



Apple, Grape,  
Orange, Pineapple,  
Tomato, Vegetable,  
White Grape



Apple, Apple Raspberry, Berry,  
Cranberry Apple, Grape, Kiwi  
Strawberry, Orange, Orange  
Tangerine, Peach Apple, Strawberry  
Banana, Strawberry Watermelon,  
Tropical, White Grape



Apple, Grape, Orange,  
Pineapple, Vegetable,  
White Grape, White  
Grape Peach



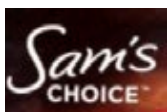
Apple, Apple Berry Cherry, Apple  
Cranberry, Apple Grape, Apple  
Orange Pineapple, Apple Peach  
Mango, Grape, Orange, Pineapple,  
Pineapple Orange, Tomato,  
Vegetable, White Grape



Apple, Apple Cherry,  
Apple Mango, Apple  
White Grape



Apple, Apple Cranberry, Berry Blend,  
Black Cherry Cranberry, Blueberry  
Pomegranate, Cherry Pomegranate,  
Cranberry Pomegranate, Grape,  
Kiwi Strawberry, Orange, Orange  
Tangerine, Peach Mango, White  
Grape



Apple



Apple, Grape, Orange,  
Pineapple, Tomato, Vegetable,  
White Grape



Orange



Apple, Grape, Orange

# Fruit

## Fruit

### Allowed:

- Any brand and variety of whole or cut, fresh or frozen fruit
- Mixed fruits
- Fruit packed in juice or with added fruit juice concentrate, artificial sweeteners, or water
- Organic

### Not Allowed:

- Containers less than 5 ounces
- Salad bar or deli servings
- Dried or canned fruit, or fruit roll ups
- Added sugars\*, salt, caramel, chocolate, or yogurt
- Fruit baskets or party trays
- Added ascorbic acid (in addition of a flavor solution) sold in the refrigerated case
- Nuts or fruit-nut mixtures
- Ornamental or decorative fruit
- Frozen smoothie mixes

\*Added sugars include: corn syrup, dextrose, high-fructose corn syrup, honey, maltose, maple syrup, and sucrose.



## Healthy Hints

- Depending on their age, children can help shop for, clean, peel, or cut fresh fruit.
- Top cereal or yogurt with bananas or other fresh fruit. Add blueberries to pancakes.
- Use fruit as part of afternoon snacks.
- Buy fresh fruits in season when they cost less.

## Vegetables

### Allowed:

- Any brand and variety of whole or cut, fresh or frozen vegetables
- Bagged lettuce, head lettuce, and salad greens
- Fresh garlic and fresh ginger
- Frozen beans and peas
- Plain or steamable vegetables and mixed vegetables
- Regular or lower-in-sodium frozen vegetables
- Organic

### Not Allowed:

- Containers less than 5 ounces
- Salad bar or deli servings
- Herbs or spices other than fresh garlic and fresh ginger
- Vegetable baskets or party trays
- Added sugars\*
- Added salad dressings, cheese, or croutons
- Added breading, creams, marinades, or sauces
- Added seasonings, fats, or oils
- Added pasta, rice, fish, meat, or poultry
- Ornamental or decorative vegetables (chili peppers or garlic on a string, gourds, Indian corn, or pumpkins)
- Diced potatoes, french fries, hash brown patties, potato rounds, shredded hash browns, or tator tots with added fats, oils, seasonings, or sugars\*

\*Added sugars include: corn syrup, dextrose, high-fructose corn syrup, honey, maltose, maple syrup, and sucrose.



## Infant Food

### Infant Cereals

#### Allowed:

- 8 or 16 oz container, dry, plain

#### Not Allowed:

- Added DHA/ARA
- Added cinnamon, dried fruit, nuts, yogurt
- Organic



Multigrain, Oatmeal,  
Rice



Gerber

Barley, Multigrain, Oatmeal, Rice,  
Whole Wheat

### Infant Fruit and Vegetables

#### Allowed:

- 4 oz container or 2 pack of 4 oz containers
- Any fruit or mixed fruit
- Any mixed fruit and vegetable
- Any vegetable or mixed vegetable

#### Not Allowed:

- Added DHA/ARA
- Added sugar, salt, flour
- Added cereal, grains, rice
- Added seasonings or cinnamon
- Dinners or added meats
- Pasta or meat
- Organic
- Pouches



Gerber



### Fresh Fruit and Vegetables

- Fresh fruit and vegetables are allowed for infants if issued.

### Infant Formula

- Quantity, brand, type, and size as issued.

## For Fully Breastfeeding Infants

### Infant Meats

#### Allowed:

- 2.5 oz container

#### Not Allowed:

- Added DHA/ARA
- Dinners
- Meat and fruit combination
- Meat and vegetable combination
- Organic



Infant meats are an extra benefit for fully breastfed infants.

## For Fully Breastfeeding Mothers

### Light Tuna

#### Allowed:

- 5 oz can
- Any brand
- Chunk, solid, grated
- Low sodium
- Water packed

#### Not Allowed:

- Multiple packs
- Added flavor, seasonings, sauce
- Foil pouches
- Individual serving containers
- White or albacore tuna



### Salmon

#### Allowed:

- 5 oz can
- Any brand
- Pink salmon
- Water packed

#### Not Allowed:

- Multiple packs
- Added flavoring, seasonings, sauce
- Foil pouches
- Smoked

### Sardines

#### Allowed:

- 3.75 oz can
- Any brand
- Tomato or mustard sauce
- Water packed

#### Not Allowed:

- Added flavors or seasonings, other than tomato or mustard sauce
- Fish steaks
- Foil pouches
- Individual serving containers
- Smoked



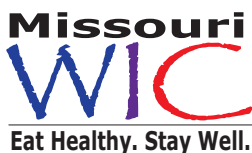
## MOOove to 1% Milk and/or Skim Milk!

- Skim milk has no fat.
- 1% milk is the next healthiest choice. It has only 30% of the fat in whole milk and still has the same flavor. It's a good step on your way to skim milk.
- 1% and skim milk have more calcium and are the healthiest choices for everyone over the age of 2 years.



| Milk Comparison<br>(1 cup/8 oz) | Whole Milk<br>(3.25%) | Reduced Fat Milk<br>(2%) | Low Fat Milk<br>(1%) | Skim Milk |
|---------------------------------|-----------------------|--------------------------|----------------------|-----------|
| Calories                        | 149                   | 122                      | 102                  | 83        |
| Total Fat (gm)                  | 8                     | 5                        | 2.5                  | 0         |
| Saturated Fat (gm)              | 4.5                   | 3                        | 1.5                  | 0         |
| Protein (gm)                    | 8                     | 8                        | 8                    | 8         |
| Calcium (mg)                    | 276                   | 293                      | 305                  | 299       |
| Vitamin D (IU)                  | 124                   | 120                      | 117                  | 115       |

Reference: National Nutrient Database for Standard Reference Release 26



### Missouri Department of Health and Senior Services WIC and Nutrition Services

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